



The purpose of a **Number Natter** is simple: to get people talking about numbers in a way that feels open, supportive and human.

It isn't a maths lesson.
No one is tested.
No one is asked to solve sums.

Instead, it's about sharing real-life experiences of numbers at work, at home and in everyday life.

For some people, numbers bring confidence and opportunity. For others, they bring anxiety shaped by past experiences at school or beyond. Many adults quietly avoid situations involving numbers, even though numeracy affects everything from budgeting and bills, work and health information.

A Number Natter creates space for those experiences to be acknowledged.



Why it matters

Numeracy is not just about calculation,
it's about confidence.

When people feel more comfortable talking about numbers, they are more likely to:

- Ask questions
- Seek support
- Engage with information
- Make informed decisions
- Feel more confident at work and in daily life

Silence can reinforce stigma. Conversation can reduce it. By normalising different feelings about maths, positive, negative or mixed, a Number Natter helps replace embarrassment with understanding.

What is a Number Natter?

A Number Natter is simply a guided conversation about numbers and confidence.

It can take place in a workplace, school, community group, or around a kitchen table. It can be formal or informal. A natter can last anywhere from 5 to 30 minutes – you decide.

Participants might talk about:

- Their earliest memories of maths
- A time numbers felt empowering
- A moment numbers felt intimidating
- How numbers show up in their daily lives
- What would help them feel more confident



There are no right or wrong answers. Every experience is valid.

The most important ingredients are:

- Open questions
- Active listening
- Patience and kindness
- A clear message that this is not about being “good at maths”



How to start one

Starting a Number Natter is simple.

Bring people together in person or online and introduce the idea that you’re having an open conversation about numbers and confidence. Reassure everyone that no maths will be involved.

Begin with one question, such as:

- “How do you feel when you hear the word maths?”
- “Where do numbers show up in your day?”
- “What’s one number that’s meaningful to you?”

Let the conversation flow from there.

Even a short discussion can shift perspectives. Often, people are surprised to discover they’re not alone in how they feel.